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# HOME CANNING GUIDE

For Use With One-Period Cold-Pack Method

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If food products are left in their natural state, most of them spoil in a few hours or a few days owing to the growth on their surface or in their tissues of bacteria, molds, or other organisms of decay. If such organisms usually present in food can be killed and the entrance of other organisms be prevented, the food can be kept in good condition practically indefinitely. It is this destruction of organisms and protection of the food from contamination that is accomplished by canning—the preparation and treatment before packing and process of placing food products in air-tight containers and sterilizing them.

There are certain essentials for the successful canning of fruits or vegetables. These include clean, fresh materials, perfect containers, including good rubber rings if used, heating for sufficient time to insure preservation, and air-tight sealing. These essentials must be secured in any method of canning. The details of procedure may differ, yet all have as their object the prevention of spoilage.

### Steps in Canning

1. See that water, heat, and all equipment are ready before starting.
2. Clean, heat, and test jars and other containers.
3. Select only fresh, firm, sound products.
4. Clean, grade, pare, slice, or otherwise prepare products.
5. Scald or blanch.
6. Dip quickly into cold water.

(Omit 5 and 6 for soft fruits and berries.)

7. Pack at once in hot, clean containers.
8. Pour over fruit boiling water or hot thin sirup, over vegetables boiling water, and add 1 teaspoon of salt per quart.
9. Wipe around top of jars with clean cloth before placing rubber.
10. Place scalded rubber and cap in position at once.
11. Partially tighten tops on jars; seal tin cans completely.
12. Sterilize required time; count time when water begins to jump.
13. Remove from canner; seal completely; invert to test joints for pinhole leaks.
14. Cool glass jars as quickly as possible, avoid drafts; plunge tin containers into cold water to cool.
15. Label, wrap and store for winter use.

### Cautions in Canning

1. Follow only one set of instructions.
2. Begin with small quantity of one product. Work carefully. Test for keeping before canning large amounts.



3. Complete canning as quickly as possible after gathering product to prevent "flat sour" and loss of flavor.
4. Fill jars with water free from excessive quantity of mineral matter.
5. Have plenty of boiling water on hand.
6. Place jars in canner when water is put on to heat. Leave in boiling water at least 15 minutes.
7. Use new rubbers that meet requirements of vegetable canning.
8. Avoid jars with defective joints, springs, and caps. Old metal caps should be discarded.
9. Blanch leaf and green vegetables in steam; all other products in boiling water. Do not count time until water jumps.
10. Pack jars of peas, corn, and shelled beans loosely. Place immediately in canner. If hot-water bath is used do not count time until water jumps.
11. Have the water in hot-water bath at least one inch over top of jars.
12. Cool jars quickly after taking from canner.
13. Test for leakage. If rubber or cap is defective, replace immediately with new one while product is hot and return to canner. Sterilize fruits ten minutes longer; vegetables 30 minutes.
14. Do not store until cold.

#### **Requirements for Rubber Rings**

When stretched considerably ring should return to place quickly without breaking or changing inside diameter.

When bent both ways between fingers rings should not break or crack.

Rings for average pint and quart jars should be  $\frac{5}{16}$  of an inch wide, have an inside diameter of  $2\frac{1}{4}$  inches, and measure 12 to the inch.

Rings should stand the practical test of processing either 4 hours in hot-water bath, or one hour under 10 pounds steam pressure.

#### **Use of Canned Products**

Only food which is in first class condition should be canned.

Inspect all canned food carefully at the time the can or jar is opened, and discard any material having an unusual appearance or odor.

Boil all canned vegetables and meat as soon as it comes from the can before tasting it.

Do not throw spoiled canned food where chickens or domestic animals may eat it.



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## Time for blanching and processing fruits and vegetables.

Product	Glass jar	Tin can	Blanch or cook	Water bath at 212° F	Steam pressure		
					5 lbs. 228° F.	10 lbs. 240° F.	15 lbs. 250° F.
Apples	pint or quart	No. 2, 2 ½, or 3	1 ½ minutes	20 to 30 min. or <10 min. (if packed hot.)	Minutes	Minutes	Minutes
Apricots	do	do	1 to 2 minutes	30 minutes	10	—	—
Asparagus	pints only	No. 2	4 minutes	Intermittently or 180 min. continuously.	—	30 to 40	—
Beans, string	pint or quart	do	3 to 5 min. in water, or 5 to 10 min. steam	do	—	40 to 50	—
Beans, Lima	pints only	do	3 to 10 min. (water or steam.)	do	—	45 to 60	—
Beets	pt. or qt.	do	5 to 10 minutes	120 minutes	60	40	—
Berries, etc.	do	No. 2, 2 ½, 3	—	15 to 20 minutes	10	—	—
Carrots	do	No. 2	3 to 5 minutes	120 minutes	60	40	—
Cherries	do	do	¼ minutes	25 minutes	10	—	—
Corn, sweet	pints only	do	1 to 5 minutes	Intermittently or 180 to 360 min. continually	—	90	60 to 80
Greens	pints only	do	4 min. (15 min. if in steam)	180 minutes	—	40 to 50	—
Peaches	pt. or qt.	No. 2, 2 ½, 3	1 minute	20 to 30 minutes	10	—	—
Pears	do	do	6 minutes in sirup	do	10	—	—
Pears	pint	No. 2	3 to 8 min. (water or steam)	Intermittently or 180 min. continuously	—	40 to 50	—
Peppers, pimen.	—	No. 1 or 2	6 to 8 min. in oven	30 minutes	—	—	—
Rhubarb	pt. or qt.	—	—	20 to 30 minutes	10 to 15	—	—
Squash, winter	pt. or qt.	No. 2	10 to 15 min. steam	120 to 300 minutes.	—	40 to 60	—
Tomatoes	pt. or qt.	No. 2, 2 ½, 3	1 to 1 ½ minutes	25 to 30 minutes	15	10	—
Meat, fowl or fish	do	No. 2, 2 ½	Until ¾ done	180 to 240 minutes	—	40 to 60	—